Ch Gonzalez
10/8/73

CORN FROM SOUP TO DESSERT

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Green corn (young), although a favorite among Filipinos when boiled in the cob, has not been utilized fully by many homemakers as part of family meals. At this stage when the seed coat is still tender and the endospern is milky, this cereal lends itself to a variety of preparation such as using it as whole kernels, shredded, chopped or in juice form.

The use of corn in the meals will help improve nutrition of family members and contribute to reduced rice consumption. The dishes in this pamphlet had been planned with the yellow variety of corn in mind-sweet or ordinary - for the purpose enchancing Vitamin A intake. Corn as viands not only add zest to meals but also forms part of the bulk of the cereal in the meal.

Green corn becomes more available by growing them in your garden. Planting of small patches need not wait for the rain since this is an all seas crop. A staggered schedule for planting will mean having supply for a longer period. For those with enough freezer space, corn can be blanched and store frozen either as cut or in the cob. To blanch: simply boil enough water to submerge the corn. Drop the corn and keep in boiling water for 5 minutes. Cool immediately. Pack in plastic bags. If to be stored in cut form, do the cutting after blanching.

Four medium size ears of corn when shredded usually yields about a cupful. To get fine shred cut through the kernels in thin layers. A sharp knife will be handy for this. Still smaller price can be had if seed is cut across that is, along the length of the cob before shredding.

Corn-Tulya Soup

4c tulya, parboiled in 4 c water and shelled
2 tsp fat
4 segments garlic, crushed
1 small onion, sliced
4 medium ears green corn, shredded finely
Salt
Tulya broth
1 med. bundle sili tops
½ inch piece ginger, sliced in very thin strips

Heat fat in a saucepan and saute garlic, onions and ginger until brown.

Add shelled tulya and corn and continue sauteing until corn loses chalky appearance.

Season with salt and pour in tulya broth.

Cover pan and cook until corn is tender.

Add sili tops, cover and put off heat immediately residual heat will cook the leaves.

Picadillo

2 tsp fat
4 segments garlic, crushed
1 small onion, sliced
2 med. tomatoes, chopped
200 grams pork lean, ground
4 med. ears green corn, shredded
Salt and pepper
4 c water

Heat fat and saute garlic and onions until brown.

Add tomatoes, pressing with the back of cooking spoon while sauteing.

Place in ground pork and continue sauteing for 2 to 3 minutes

Season with salt and pepper and pour in water.

Cook until corn is tender.

Corn-Dulong Bola-bola

2 med. ears green corn
1 c dulong
1 small onion, minced
5 leaves green onions, sliced finely
1 egg, slightly beaten
2 tbsp flour
Salt and pepper
Fat for deep fat frying

Combine all ingredients.

Shape into balls with 1 inch diameter (Flour may be increased if mixture is too soft to be shaped)

Fry in hot fat until gelden brown.

Serve with sweet sour sauce.

To prepare sauce:

1 tbsp cornstarch
¼ c sugar
¼ c vinegar
2 tsp toyo
½ c water

Combine all ingredients in a saucepan and cook until thick.

Corn-Beef Torta

1 tbsp fat
4 segments garlic, crushed
1 med. onion, minced
¼ k beef, ground
½ can (8 oz.) tomato sauce
2 med. ears green corn, shredded finely
Salt and pepper

Heat fat and saute garlic and onions until brown.

Add beef and continue sauteing until meat starts to brown.

Pour in tomato sauce, corn and season with salt and pepper.

Heat until corn is tender and mixture is almost dry

To make **the torta:**

Cooled sauted milk
2 eggs, slightly beaten
Fat

Stir in beaten eggs into the meat.

Pour in a well greased kawali or skillet.

Cook over low heat until egg coagulates.

Turn over a plate and slip back into frying pan to cook other side.

Curried Corn

1 tsp fat
3 segments garlic
1 small onion, minced
100 grams shrimp, shelled and deveined
1 tsp curry powder
8 med. ears green corn (sweet variety)
Salt
Pure coconut milk, from 1 med. nut
1 small sweet red pepper, sliced in rings
1 small sweet green pepper, sliced in rings

Heat fat and saute garlic and onions until brown.

Add shrimp and continue sauteing until shrimp turns pink.

Mix in shredded corn, curry powder and salt and cook for 1 or 2 minutes.

Pour in coconut milk and cook until corn is done. Regulate heat to keep the coconut milk from curdling.

Add sliced pepper first before corn gets cooked.

Corn Guisado

1 tsp. fat
2 segments garlic, crushed
1 small onion, sliced
100 gm pork, sliced in thin short strips
4 med. ears green (or young) corn, shredded fin
Salt
½ c water
1 c ampalaya tops

Heat fat in saucepan and saute garlic and onions unti
brown.

Add sliced pork and cook until meat starts to get bro

Mix in shredded corn, season with salt and cook until
corn loses milky appearance.

Pour in water, cover and cook in covered pan until co
is done. Regulate heat.

Add ampalaya tops. Cover and put off heat immediate
Residual heat will cook the leaves.

Corn Okoy

4 med. ears green corn, shredded finely
2 c shrimp uluhan or tagunton, remove head
1 cake tokwa, cut in strips
10 leaves green onions, sliced finely
Batter - prepared by combining the following:

1 c all purpose flour
1 c cornstarch
1 ½ tsp. baking powder
1 ½ tsp. salt
1 tsp. pepper
1 egg, beaten
2/3 c shrimp juice - prepared from:

shrimp head, pounded
½ c water

Combine water and shrimp head and squeeze out liquid.

Mix corn, shrimp, tokwa and green onions into the prepared batter,

Drop by teaspoonful in hot fat and fry until golden brown.

Kalamay na Mais

12 med. ears green corn, shredded and chopped
1 c water
2 coconuts, grated
1½ c sugar
Palabok

Combine chopped corn and water. Work-out (lamas) the mixture until corn juice is extracted.

Place mash in a cloth bag and squeeze out the juice or use a fine mesh strainer. Discard pulp and set juice aside.

Get a third (1/3) of the grated coconut and squeeze out the pure milk. Make latik out of this milk.

Add 2 c water to the remaining grated coconut and squ out the diluted milk.

Combine corn juice, diluted coconut milk and sugar in a saucepan.

Cook with constant stirring until mixture thickens. Boil for about 5 minutes.

Pour into molds lined with oiled banana leaves.

When set and firm slice as desired and garnish with latik.

Serve with palabok.

To prepare palabok: Toast until golden brown the coconut pulp.

Bombones de Mais

4 med. ear corn boiled and shredded
1 c flour
½ tsp. salt
2 tsp. baking powder
1 tbsp. margarine melted
1 tsp. calamansi or dayap rind
1 egg slightly beaten
Fat for frying

Sift together flour, salt and baking powder and placed in a bowl.

Combine melted margarine and rind with the beaten egg.

Make a well in the center of dry ingredients and pour in egg mixture.

Add corn and beat until just blended.

Drop by tablespoonfuls into hot fat and fry until golden brown.

Serve with thick syrup.

To prepare syrup: Boil together 1 c sugar and ½ c water for 2 minutes.